

# SUGARY DRINKS AND THEIR HEALTH IMPACTS ON MINNESOTA'S CHILDREN AND YOUTH

# 10x

The average child consumes 10 times the amount of sugary drinks a week recommended by the American Heart Association.



Without major changes in diet, 40 percent of today's children and youth are likely to develop type 2 diabetes in their lifetime. For communities of color and Native Americans, it's around 50 percent.

# 40%



Excess added sugars, particularly in the form of sugar sweetened beverages, is a leading cause of tooth decay in U.S. children



Soft drink consumption by adolescents has a parallel association with mental health disorders



Excess consumption of added sugars, especially from sugary drinks, raises the risk of heart disease, high blood pressure and type 2 diabetes, significant and costly chronic diseases. These and other chronic diseases put Minnesotans at increased risk of serious illness from diseases such as COVID-19.



1 in 5 American Indian/Alaskan Native, Black, and Pacific Islander students report having sugary drinks 3 or more times per day.



Students who reported experiencing economic hardship, were twice as likely to report having sugary drinks three or more times per day compared to students who reported not experiencing economic hardship.